

ABSTRACT:

A vaginal exercise device adapted to allow the user to perform vaginal muscle exercises, having an elastic hollow tube adapted to be inserted into a female user's vagina so that the user can exercise vaginal muscles by compressing part of the elastic hollow tube. The elastic hollow tube includes two internal chambers inside the hollow tube that are connected by at least one damping hole, such that the hollow tube is configured to offer resilient resistance to the user's vaginal compression when fluid in the tube is forced, by the user's vaginal compression, from a first one of the internal chambers, through the damping hole, into a second one of the internal chambers.